

# VA MOBILE APPS, ONLINE PROGRAMS, & MENTAL HEALTH CARE: WHAT YOU NEED TO KNOW



VA mobile mental health apps and online programs are easy to use. You can customize how you learn about posttraumatic stress disorder (PTSD) and related issues. These tools can also help you find skills that work for you and increase your support after trauma.

## CAN MOBILE APPS & ONLINE PROGRAMS HELP ME MANAGE PTSD?

Research tells us that mobile apps and online programs can be helpful for mental health management. They allow you to practice and grow skills that can help you manage symptoms.

The best treatments for PTSD are trauma-focused psychotherapies. If you are working with a mental health provider, they might encourage you to use an app or online program before, during, or at the end of treatment. These can help with tracking and managing your symptoms.



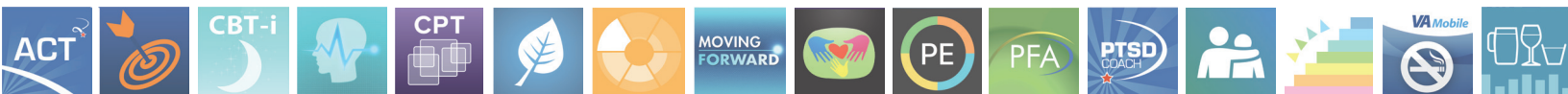
## WHY VA MOBILE APPS & ONLINE PROGRAMS?

- **Free & Designed for Veterans:** VA mobile apps and online programs are free and made to meet the needs of Veterans.
- **Convenient:** Learn about PTSD, use tools to manage your symptoms and track your progress at any time of day.
- **Customizable:** Find the tools that work best for you. Set reminders to practice your skills and take self-assessments at times that work with your schedule. You can also personalize the apps by uploading your own audio, pictures, contacts, and text.
- **Evidence-Informed:** The psychoeducation and symptom management tools are based on clinical research.
- **Resource-Rich:** All of the VA apps and online programs offer links to resources that can help, from who to reach out to in a crisis to how to grow your support network.



## DO I NEED INTERNET ACCESS?

- Online programs require internet access.
- Once you download a VA app you can use most of the features without internet.
- To download an app:
  - Connect to the internet
  - Visit **Google Play** (if you have an Android device) or the **App Store** (if you have an Apple device)
  - Search for the app you want to test
  - Download it to your device and you are ready to start exploring



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## HOW DO I USE VA MOBILE APPS & ONLINE PROGRAMS?

- **Before Therapy:** Learn about PTSD, available treatments, and coping skills before you meet with a provider.
- **During Treatment:** Ask your doctor or therapist if you should add a mobile app to your treatment plan. Talk about how to set goals, practice skills, and take self-assessments between sessions.
- **After Therapy:** Continue to use apps to practice skills and track your progress after treatment ends.



## IS THE INFORMATION I ENTER PRIVATE?

- **Yes.** VA apps and online programs are held to a strict privacy standard. No one will have access to your data. The developers of the VA mobile apps can see general data from the apps, like number of downloads. They don't have access to any personal data.
- **Secure Your Device:** Use a passcode or pin to prevent others from accessing information that you keep on your device.



## TO LEARN MORE, VISIT:

- 🔗 **National Center for PTSD Mobile Mental Health Apps:** [www.ptsd.va.gov/appvid/mobile](http://www.ptsd.va.gov/appvid/mobile)
- 🔗 **Online Programs for Veterans:** [www.veterantraining.va.gov](http://www.veterantraining.va.gov)  
*The Veteran Training site offers courses for Veterans on topics like problem solving, good parenting, managing anger and getting good sleep.*
- 🔗 **PTSD Coach Online:** [www.go.usa.gov/xN9Hb](http://www.go.usa.gov/xN9Hb)  
*PTSD Coach Online is for trauma survivors, their families, and anyone coping with stress.*
- 🔗 **VetChange:** [www.ptsd.va.gov/apps/change](http://www.ptsd.va.gov/apps/change)  
*VetChange is a free online program for Veterans worried about their drinking.*

**Questions or suggestions about mobile apps and online programs?**

Email us at [MobileMentalHealth@va.gov](mailto:MobileMentalHealth@va.gov).